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SPECIAL ENDURANCE AS AN INTEGRAL PART OF THE TRAINING OF WRESTLERS

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Annotation: The article considers the general concept of endurance. Established types of endurance. The main directions of development of endurance in wrestling are revealed.

Keywords: wrestling, endurance, sports training.

Introduction. Endurance is the ability to resist fatigue in any activities [1]. In accordance with the differences in the nature of the energy ensuring muscle activity, it is customary to allocate aerobic and anaerobic endurance mechanisms. In wrestling, they manifest themselves in a complex way [2, 3].

Distinguish between general and special endurance. General endurance is understood as the ability of an athlete to effectively and continuously perform work of moderate intensity, in which a significant part of the muscular apparatus is involved. In another way, it is also called aerobic endurance.

Special endurance is the ability to perform work effectively and overcome fatigue in the conditions of competitive activity [4]. With regard to sports wrestling, special endurance should ensure high activity of the fight and the effectiveness of the main technical actions throughout the fight, as well as for quick recovery during a short rest between periods (30 s) and between fights (the closer to the final matches, the shorter the intervals rest) [5, 6, 7].

Special endurance depends on the capabilities of the neuromuscular apparatus, the speed of spending resources of intramuscular sources energy, from the technique of mastering the motor action and the level of development of other motor abilities of the wrestler.

Physiologically justified amount of training load leads to progressive functional and morphological changes in the body. If the load does not cause fatigue, then there are no prerequisites for the effective flow of recovery processes with subsequent supercompensation [8, 9, 10].

The means of developing general endurance in wrestling are exercises that allow you to achieve maximum values of cardiac and respiratory performance and maintain a high level of oxygen consumption for a long time. For this, motor actions are used that require the participation of the largest possible volume of muscle mass (skiing, cross-country skiing, rowing, running at a calm pace, swimming.).

Since the load of the wrestler during the fight grows with a variable, uncontrollable intensity, the development of general endurance is facilitated by sports games (basketball, football, rugball, hockey, handball), middle-distance running and crosses with a variable pace and short spurts, skiing over rough terrain or on a flat with a change in pace and short accelerations [11, 12, 13].

Aerobic abilities improve various outdoor games on the wrestling mat using wrestling techniques, team games such as medicine ball rugby.

The main requirements for them are as follows: exercises should be performed in zones of moderate and high power of work; their duration is from several minutes to 60–90 minutes; work is carried out with the global functioning of the muscles.

Most types of special endurance are largely determined by the level of development of the anaerobic capabilities of the body, for which they use any exercises that include the functioning of a large muscle group and allow you to perform work with maximum and near-limit intensity [14, 15].

With the development of special endurance of a wrestler, the main exercises are those that are as close as possible to competitive ones in form, structure and features of the impact on the functional systems of the body. The intensity of work is planned so that it is close to competitive and even exceeded it [16, 17, 18].

The main means of developing special endurance: exercises with a mannequin (the number of throws in 10 s, 20 s, 1 min, 3 min, 6 min with different intensity, timed dummy throws, etc.) and with a partner, bouts (with change of partner, performance of spurts), full of technical and tactical actions.

Improving endurance, one must constantly remember the strong-willed preparation. How strong the will of the wrestler depends largely on overcoming subjective feelings of fatigue.

The main methods of developing general endurance in wrestling are:

1. the method of continuous (continuous) exercise with moderate and variable intensity;
2. the method of repeated interval exercise;
3. circuit training method;
4. game method;
5. Competitive method.

For the development of special endurance, the following are used:

1. methods continuous exercise (uniform and variable);
2. methods interval, intermittent exercise (interval and repeated);
3. Competitive and game methods [19, 20].

To educate special endurance in the fight, taking into account the inherent these types of characteristics of motor activity increase the duration of the main exercises (periods, contractions), increase intensity, reduce rest intervals. The whole training process ultimately aimed at the development of special endurance.

Conclusion. The improvement of the wrestler's special endurance finds its expression in the growth of volumes of training work, respectively orientation. However, the increased volumes of load only form the basic basis of training, after which the transition to the training work, similar to the mode of performing exercises in conditions competitive activity, that is, to work of high intensity.

This once again confirms the need for a functional improvement of the athlete's body in strict accordance with requirements of competitive activity. It is known that mental stability of athletes to perform specific work significantly higher than any other. Stability of motor skills are a necessary condition for achieving high results under confounding factors, of which the most powerful is fatigue progressing in the process of competitive activity.

Therefore, the ability to preserve the structure of motor skills on throughout the entire sporting event should be improved repeated performance of training work against the background of fatigue.

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